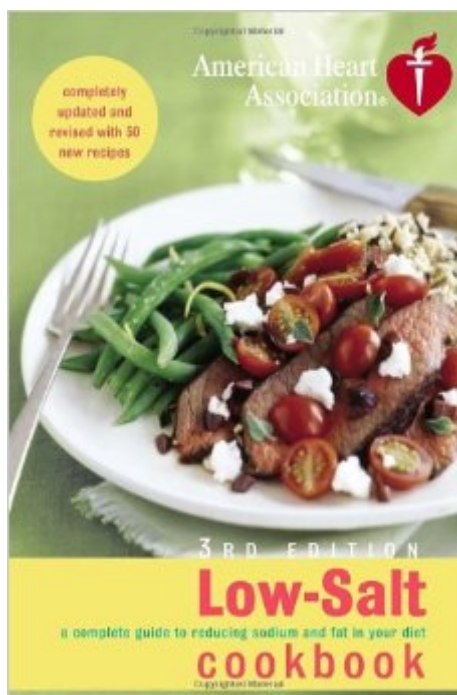


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# American Heart Association Low-Salt Cookbook, 3rd Edition: A Complete Guide To Reducing Sodium And Fat In Your Diet (AHA, American Heart Association Low-Salt Cookbook)



## Synopsis

This revised and expanded third edition of the American Heart Association Low-Salt Cookbook is an indispensable resource for sodium-watchers. The statistics are in—65 million Americans have high blood pressure, and nearly 5 million suffer from congestive heart failure. Whether you have these health problems now or want to avoid having them in the future, keeping your sodium intake low is one of the best ways to help your heart. The human body requires sodium to function properly, but if you are like most other Americans, you consume about ten times more than you need. If that's because you think low-sodium food means low flavor, think again! The American Heart Association shows here that a low-salt diet is not only good for you but delicious, too. Encompassing everything from appetizers and soups to entrées and desserts, the American Heart Association Low-Salt Cookbook, 3rd Edition, is a wonderful collection of more than 200 scrumptious low-sodium recipes—50 of them brand-new to this edition. Whether you're in the mood for a beloved classic dish or an up-to-the-minute future favorite, you'll find just the thing to please your palate—and you'll learn that shaking the salt habit is easier than ever before. The American Heart Association knows that food is one of life's great pleasures and that no one should have to sacrifice tasty meals for a healthful lifestyle. This new edition of one of its classic cookbooks is the perfect guide to making flavorful, satisfying low-sodium food. With the latest dietary information and tips on substituting ingredients, avoiding hidden sodium, and dining out, the American Heart Association Low-Salt Cookbook, 3rd Edition, will help you follow a low-sodium diet—and thoroughly enjoy it. More than 200 low-sodium recipes, including:

- Appetizers such as Hot and Smoky Chipotle-Garlic Dip; Spinach-Artichoke Hummus
- Soups such as Onion Soup with Cheesy Pita Crisps; Corn and Green Chile Soup
- Meats such as Caribbean Jerk Pork; Sirloin with Red Wine and Mushroom Sauce
- Seafood such as Cajun Snapper; Halibut with Cilantro Pesto
- Vegetarian Entrées such as Fettuccine Alfredo; Cheese-Topped Stuffed Eggplant
- Salads such as Balsamic-Marinated Vegetables; Tomato-Artichoke Toss
- Poultry such as Tarragon Turkey Medallions; Cumin-Lime Chicken
- Breads and Breakfast Dishes such as Rosemary Rye Bread; Oatmeal-Banana Waffles with Strawberry Sauce
- Desserts such as Denver Chocolate Pudding Cake; Lemon Cream with Raspberries and Gingersnap Topping
- Side Dishes such as Scalloped Potatoes; Parmesan-Lemon Spinach

The American Heart Association is the nation's most trusted authority on cardiovascular health. Its bestselling library of books includes:

- American Heart Association No-Fad Diet
- The New American Heart Association Cookbook, 7th Edition
- American Heart Association Low-Fat, Low-Cholesterol Cookbook, 3rd Edition
- American Heart Association Low-Calorie Cookbook
- American Heart Association Quick & Easy Cookbook
- American Heart Association

## Book Information

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## Customer Reviews

Most Americans could benefit from lowering the sodium in their diets. Canned foods, processed foods, and fast food all contribute to the high fat, high salt diets that many of us eat. When faced with getting older or health issues, many people turn to their doctors for help with this American epidemic. But why not start now? If you have high blood pressure, are obese, or are just looking to improve your diet, this cookbook is a must for you! Filled with tons of great recipes (and an additional 50 from the last addition), this book includes categories such as Appetizers & Snacks, Seafood, Meats, Soups, Vegetarian Entrees, and even Desserts. All of the recipes include complete nutrient information and include calories, fat (including saturated, polyunsaturated, and monosaturated), cholesterol, sodium, carbs, protein, calcium, potassium, and dietary exchanges. The only things missing from this addition are a spiral binding (to help it lay flat) and full color photos of each recipe. Some of my family's favorites include: Blackberry & Balsamic Chicken, Grilled Sesame Chicken, Cowboy Steak with Portobello Mushrooms, Slow Cooker Beef and Red Beans, Baked Pork Chops with Apple Dressing, Braised Lentil and Vegetable Medley, Strawberry Orange Sauce, Chocolate Chip Banana Bread, Flan Caramel, Potato Skin Nachos, and Vegetable Beef Soup. Enjoy!

I bought this book because I wanted to reduce the amount of sodium I was eating. I noticed in some of the other cookbooks I was using the amount of sodium I was taking in was quite high. I almost didn't purchase it because it didn't have any pictures, and I am glad I changed my mind. The recipes I have tried so far have been easy and very tasty. My daughters(6 & 8) ate up the Crustless Garden Quiche, Zesty Oven-Fried Potatoes, Poached Salmon, and Thyme Fish Steaks. All were very quick to make on a weeknight. Also very delicious is the chocolate chip banana bread which we have made together twice. It did not take long to make and they did most of the work the second time. The appendix also has helpful advice on shopping, cooking, and making substitutions. I look forward to making more recipes from this book.

I have tried a few of the recipes and enjoyed them. My hubby wasn't too thrilled. I am voluntarily trying to reduce my sodium intake as my blood pressure has steadily crept up over the last few years, as has my weight! It isn't easy for me because I like salty foods but this cookbook has helped and will continue to help.

Finally, a low sodium cookbook worth buying. It has a good tutorial on sodium's place in our diet. The recipes are truly tasty and truly low sodium. The Kindle edition's bookmarking and notes capabilities are especially convenient. The barbeque sauce is especially good.

Due to high blood pressure, I have been trying to cook healthier for my husband and myself; mainly low-salt and low-fat. This cookbook is informative: telling how to avoid hidden sodium in foods, list of foods high in sodium and healthy cooking techniques, plus many great recipes. We especially liked the Chicken, Barley and Spinach Casserole, the Chicken Dijon and Scalloped Potatoes. I just wish it included some photo shots of the dishes!

I've ordered several low sodium cookbooks after my husband was put on a low sodium diet. This one has some of the best recipes of all.

I purchased this book after I was advised to maintain a low salt diet for reasons of cardio-vascular health. Not only have my wife and I fallen in love with many of the recipes, we have benefited from lower blood pressure, more energy and weight loss.

I purchased this cookbook because I was put on a very low salt diet. It has proven to be a great

addition to my cookbooks and I have used many of the recipes. My husband, who is a salt addict, also enjoys the recipes.

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